

## What about tantrums?

Tantrums are normal when a child is frustrated, tired, hungry, or can't yet talk. Take your child to a safe place and stay calm.



- ✓ Don't yell or hit. Take a few deep breaths. Give her a chance to calm down.
- ✓ Think of something to try—calm words, a hug, or leave him alone to let off some steam.
- ✓ Don't give in just so she'll stop crying. Say, "I'm sorry you are sad. You can't have soda. It's not good for you." Then offer something else to drink.
- ✓ Reduce tantrums by having regular times for snacks, naps, reading, and play.
- ✓ Discipline sometimes means giving your child a big hug to help him handle stress—it's hard work being a child...and a parent!

## Tips For Teen Parents

*You may want to post this page on your refrigerator and look at it when you need to.*

- When your baby cries: don't shake, take a break.
- Baby-proof more, and let them explore.
- When in doubt, chill out. Don't punish out of anger, teach out of love.
- Your child learns from what you do, so keep in mind, he's watching you.
- Make time to read your baby a story. Reduce your stress, forget the mess, sit down and do less.
- When they fuss and fight remember: your children aren't Bad, their behavior makes you mad. Criticize what they do, not who they are.
- Spanking teaches Might Makes Right. Don't teach your child to fight.
- Look your child in the eyes and think about why he cries. Keep looking and see how much he loves you.

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# Discipline = Love + Limits

Staying calm while teaching your child right from wrong.



Deciding what's right for your child.

Hugs and Kisses?

Saying No?

Spanking?

Choices?

Time Out?

***Babies need love and protection,  
not punishment.***

BIRTH - 12 MONTHS

**All babies are different**

Some are calm or busy  
Some are quiet or loud

**"Why does my baby cry?"**

It's normal for babies to cry when they need something.  
Do everything you can to comfort them.



**If your baby is not hungry or wet:**

- Try walking, rocking, patting his back, singing a song or playing music.
- Some babies are more fussy and take more patience. Get help from other people so you can have a break.
- If you get very annoyed or angry, put your baby in the crib or another safe place and walk away for a few minutes until you can calm down.
- Help your baby comfort herself—hold her tucked in your arms, help him find his fingers to suck, offer a pacifier or let him suck on your finger.
- You won't spoil a baby by giving "too much" comfort, protection and love.
- *NEVER shake, hit, or spank an infant.*

***Toddlers need guidance,  
over and over again.***

1 - 3 YEARS

**Toddlers are exploring—walking and talking**

They grab, they put things in their mouth  
They think everything belongs to them

**Tips for Toddlers**

- Baby-proof the house so your child can explore safely. Stay close by.
- When he gets into something he shouldn't, move him away and give him something he *can* play with.



- Bring toys and books on car or bus rides, to doctors' visits, and when going to a friend's house. Your toddler will enjoy having something to do.
- Say and *show* to teach right from wrong. If he pulls the cat's tail, say, "pet him gently." *Show* by stroking the cat yourself. Praise when she pets the cat gently.
- When teaching your child to use the toilet be patient, encourage, and don't punish.

***Preschoolers need clear limits and  
routines. Be calm, patient and firm.***

3 - 5 YEARS

**Preschoolers are testing their power**

They may talk back  
They may disobey and embarrass you

**What can you do?**

- Have daily routines. "As soon as you brush your teeth, I'll read you your bed time story."
- Set clear limits – and stick to them. "The timer is set for half an hour of TV. Then it's time to go."
- Give choices. "Stop throwing the sand, you can pour the sand into the pail or you can use your shovel."
- Use time outs. "I've told you to stop yelling. It's time for you to go to your room and cool off." Stay calm and get down to eye level as you discipline your child.



- Be creative. "You rock on the horse 10 times, then let Maria have her turn. Both of you count up to 10!"
- Praise your child for doing what he should do. "I love the way you picked up your toys."
- Tell her what she can do, not just what she can't do.